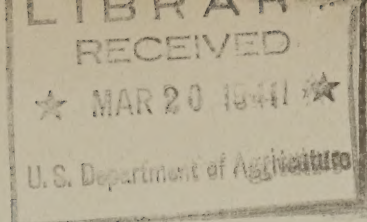


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P R O G R A M

NORTHEASTERN STATES EXTENSION CONFERENCE

March 5, 6, 7, 1941

Park Central Hotel, New York City

CONFERENCE THEME:

IMPROVING THE WELL-BEING OF RURAL FAMILIES

GROUPS ATTENDING CONFERENCE:

Extension Directors.
State Leaders of Home Demonstration Agents.
State Leaders of County Agricultural Agents.
Nutrition Specialists.
Vegetable Gardening Specialists.
Agronomists.

UNITED STATES DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE

REPORT

ON THE PROGRESS OF THE

WORK DURING THE

YEAR 1881

AND

ON THE RESULTS OF THE

RESEARCHES

CONDUCTED BY

THE
COMMISSIONERS OF THE
LAND OFFICE
IN
THE
YEAR 1881

PRESENTED TO THE
HOUSE OF COMMONS

QUIZ FOR CONFERENCE MEMBERS

SEE PAGES 5, 6 AND 7

THE UNIVERSITY OF CHICAGO

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WEDNESDAY, MARCH 5

10:00 a.m. - 12:30 p.m.

Presiding: J. O. Knapp, West Virginia.

Secretary: George E. Lord, Maine.

Opening of conference and introductions.

New Knowledge of Nutrition:

Dr. Norman Jolliffe, Associate Professor of Medicine,
New York University College of Medicine.

Extension's Opportunities To Help Make Americans Stronger:

Miriam Birdseye, Extension Service, U. S. Department
of Agriculture.

Discussion.

12:30 - 2:00 p.m. - Lunch.

2:00 - 4:30 p.m.

Presiding: Daisy D. Williamson, New Hampshire.

Secretary: J. M. Fry, Pennsylvania.

How a Farm Management Worker Looks at the Problem
of Home Food Supply in This Region.

Dr. Van B. Hart, New York.

Discussion.

How Do We Determine the Health, Food and Nutrition
Problems of Rural Families?

Elizabeth E. Ellis, New Hampshire.

Discussion.

What Obstacles Do Rural Families Have To Overcome To
Enjoy a More Adequate Food Supply and Better Health?

E. A. Flansburgh, New York.

Discussion.

The Job of Extension in Relation to Health and Nutrition.

G. E. Lord, Maine.

Discussion.

MEMORANDUM

DATE: 1944

TO: Mr. E. A. Tamm

FROM: Mr. J. E. McGuire

SUBJECT: [Illegible]

1. [Illegible]

2. [Illegible]

3. [Illegible]

4. [Illegible]

5. [Illegible]

6. [Illegible]

7. [Illegible]

8. [Illegible]

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15. [Illegible]

16. [Illegible]

17. [Illegible]

18. [Illegible]

19. [Illegible]

20. [Illegible]

21. [Illegible]

THURSDAY, MARCH 6

9:00 - 11:00 a.m.

Presiding: T. B. Symons, Maryland.

Secretaries: Mildred B. Murphey, New Jersey.
R. H. Gist, West Virginia.

What Is the Extension Service Doing To Help Rural Families
To Have Better Health Through a More Adequate Food Supply?

9:05 - 9:15 State Extension Committees on Home Food Supply.
Gertrude Humphreys, West Virginia.

9:20 - 9:30 Land Use Planning Committees.
R. W. Donaldson, Massachusetts.

9:35 - 9:45 Cooperation With Doctors, Nurses, School, etc.
Mrs. Leone Nutting, Maine.

9:50 - 10:00 Procedures With Part-Time Farm Families, Low-
Income Families, and Other Groups.
A. E. Wilkinson, Connecticut.

10:05 - 10:15 State and County Nutrition Committees.
Mrs. Martha H. Eddy, New York.

10:20 - 10:50 Making Nutrition Function.
Dr. Helen Mitchell, Nutrition Consultant
to the Coordinator of Health, Welfare
and Other Defense Activities, Federal
Security Agency.

Discussion.

11:00 - 11:10 Recess.

11:10 - 11:35 Other New Approaches, Methods, and Devices.
Roll Call of States.

MEMORANDUM

1945 - 1946

President E. W. Brown, Secretary

Executive Committee: William H. Brown, New York

A. H. Allen, New York

What is the situation regarding the New York office?
Is there any need for a New York office?

1945 - 1946: New York office established on New York City
Executive Committee, New York

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Executive Committee, New York

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Executive Committee, New York

Discussion

1945 - 1946: New York office established on New York City

1945 - 1946: New York office established on New York City
New York City office established

THURSDAY, MARCH 6 (Cont'd)

11:40 a.m. - 12:30 p.m.

What Further Adjustments Are Needed in the Extension
Program To Aid Rural Families To Improve Their Health?

	(K. F. Warner, Extension Service, U. S. Department of Agriculture.
	(P. L. Putnam, Connecticut.
Five-Minute	(G. T. Klein, Massachusetts.
	(Paul E. Nystrom, Maryland.
Statement	(R. H. Olmstead, Pennsylvania.
	(Marjorie E. Luce, Vermont.
	(L. A. Bevan, New Jersey.

12:30 - 2:00 p.m. - Lunch.

2:00 - 3:30 p.m.

Sectional Meetings.

Each group of supervisors and specialists will
meet to discuss and prepare written recommendations
for Friday-morning session.

Topic: How Can We Make an "All-out" Extension
Program and a Common Plan of Work on
Health and the Family Food Supply?

Extension Directors.

J. O. Knapp, Chairman, West Virginia.

State Home Demonstration Leaders.

Venia M. Kellar, Chairman, Maryland.

State County Agent Leaders.

Alexander D. Cobb, Chairman, Delaware.

Nutrition Specialists.

May Foley, Chairman, Massachusetts.

Vegetable-Gardening Specialists.

C. H. Nissley, Chairman, New Jersey.

Agronomists.

Paul R. Miller, Chairman, Vermont.

3:30 - 5:00 p.m.

Sectional Meetings. Chairmen, - same as above.

Topic: New Problems.

FRIDAY, MARCH 7

9:00 a.m.

Presiding: M. S. McDowell, Pennsylvania.

Secretary: Edith L. Mason, Connecticut.

Recommendations by chairman of each group of directors, supervisors, and specialists on "all out" program and common plan of work on health and the family food supply.

10:00 a.m. The Next Step - How a Director Will Insure an "All-Out" Program and Plan of Work in His State.

W. A. Munson, Massachusetts.

10:30 a.m. Discussion.

L. A. Bevan, New Jersey.

-ooOoo-

11:00 a.m. The report of President F. A. Middlebush's Committee on the Issues Growing out of the European Conflict as They May Affect Democratic Forms of Government.

The Report of Director I. O. Schaub's Committee on Discussions of These Problems.

M. L. Wilson, Director of Extension Work,
U. S. Department of Agriculture.

12:30 p.m. - Lunch.

1:30 p.m.

Presiding: L. R. Simons, New York.

What Plans Shall We Make for State-wide Discussions of the Issues and Topics Outlined in These Reports?

Discussion Leader,
A. L. Deering, Maine.

VITAMIN SCORE CARD ^{1/}

Tentative, not
for publication.

HOW DOES YOUR DIET RATE?

Score your food for these vitamins which contribute to:

KEEPING YOU PHYSICALLY FIT, YOUR ENERGY LEVEL UP, AND YOUR BODY IN TONE.

1 Vitamin	2 Daily Adult Allowances	3 Some Common Foods Containing:	4 Size of Portion	5 Approx. Vita- min Content in I.U.'s
<u>A</u>				
AN AID TO	6,000	Carrots (cooked)	1 large	10,000
ESTABLISHING	Inter- national Units (I.U.)	Sweetpotatoes "	1 medium	7,200
RESISTANCE TO		Squash, deep yellow "	$\frac{1}{2}$ cup	6,000
INFECTION IF		Spinach, other greens "	$\frac{1}{2}$ cup	8,000 up ^{2/}
BODY VITAMIN-A		String beans "	$\frac{1}{2}$ cup	1,200
RESERVES ARE		Asparagus, green "	5 stalks	750
LOW...PREVENTS		Apricots, dried, sulfured	6 halves	2,100
NUTRITIONAL		Peaches, yellow, " halves	4 large	1,900
NIGHT		Tomato juice	$\frac{1}{2}$ cup	1,300
BLINDNESS.		Prunes (cooked)	6	800
		Orange juice (deep yellow)	$\frac{1}{2}$ cup	400
		Liver, (beef, raw)	2 oz. $\frac{3}{4}$	52,125
		Light cream, summer	$\frac{1}{4}$ cup $\frac{3}{4}$	1,800
		Milk, whole, summer	1 pint $\frac{3}{4}$	1,100
		Butter, summer	1 tbs. $\frac{3}{4}$	770
		Ice cream	1 cup $\frac{3}{4}$	625-1,250
		Eggs (yolk), summer	1 yolk	670

<u>B₁</u> (Thiamin)	500-600 I.U. (1500- 1800 micrograms)	Grapefruit	1 medium	70
ESSENTIAL FOR		Tomato juice	1 cup	.60
GETTING MAXI-		Tomato	1 medium	40
MUM ENERGY		Apples	1 large	9-35
FROM FOOD...AIDS		Banana	1 small	20
NORMAL FUNCTION-		Potato	1 large	100
ING OF NERVOUS		Rolled oats (cooked)	$\frac{1}{2}$ cup	55
SYSTEM AND MAIN-		Whole wheat bread, 100%	1 thick slice	50
TENANCE OF GOOD		Enriched bread	$\frac{1}{2}$ cup	47
APPETITE		Navy beans (dried, cooked)	$\frac{1}{2}$ cup	47
		Pork (roast, lean)	4 oz.	460
		Milk (whole)	1 pt.	80
		Bacon	4 thin slices	72
		Beef liver, Kidney	2 oz.	50
		Beef, lean round	4 oz.	45
		Halibut	4 oz.	30
		Eggs	1	20

^{1/} See notes, page 7.

Vitamin	Daily Adult Allowances	Some Common Foods Containing:	Size of Portion	Approx. Vitamin Content in I.U.'s
<u>C</u> (Ascorbic Acid) AIDS IN MAINTAIN- ING NORMAL BONES, TEETH, AND GUMS. PREVENTS SCURVY.	1200-1500 I.U. (60-75 milligrams)	Broccoli (cooked)	1 stalk 4½"	2,000
		Mustard greens	" ½ cup	1,850
		Turnip greens	" ½ cup	1,700
		Avocado	1 medium	1,400
		Cabbage (new, raw)	1 cup shredded	980
		Asparagus (green)	5 medium stalks	725
		Beet greens	" ½ cup	600
		Dandelion greens	" ½ cup	450
		Beans:		
		Green snap	" ½ cup	230
		Lima, fresh green	" ½ cup	550
		Yellow, wax	" ½ cup	300
		Celery (bleached)	5 med. 5" stalks	200
		Corn	½ cup	200
		Carrots	1 large	160
		Grapefruit	1 medium	2,400
		Strawberries	20 medium	2,260
		Cantaloup	1 - 4½" dia.	2,100
		Tomato juice	1 cup	960
		Orange, deep yellow	1 medium	760
		Tomato	1 medium	600
		Currents, red	½ cup	300
		Cranberries, whole	" ½ cup	250
		Banana	1 small	210
		Apple	1 large	90-180
		Liver, beef, raw	2 oz.	340

<u>D</u> AID FOR EFFICIENT USE OF CALCIUM AND PHOSPHORUS OF FOOD TO MAINTAIN SOUND BONES AND TEETH.	No specific information on requirements for adults. Some authorities suggest around 400 I.U.	Mackerel, fresh	4 oz.	1,224
		Salmon - red (canned)	4 oz	900
		Tuna (canned)	4 oz.	800
		Eggs, summer	1 ⅝	30-100

Vitamin	Daily Adult Allowances	Some Common Foods Containing:	Size of Portion	Approx. Vitamin Content in Micrograms.
<u>G</u> (Riboflavin) NEEDED BY EVERY CELL IN BODY. REQUIRED FOR NORMAL OXIDATION OF FOODS.	1500-2000 micrograms	Liver, beef	2 oz.	1,780
		Pork chop	4 oz.	360
		Beef, lean round	4 oz.	210
		Halibut	4 oz.	200
		Milk (whole)	1 pt.	960
		Buttermilk	1 cup	360
		Ice cream	1 cup	300
		Eggs	1	230
		Beans (green snap)	$\frac{1}{2}$ cup	150
		Spinach (cooked)	$\frac{1}{2}$ cup	130

1/ This score card has been arranged by Miriam Birdseye and Florence Hall, Extension Service, U.S.D.A., from data contributed by Nutrition Studies Section, Bureau of Home Economics, U.S.D.A.

NOTE that this material is tentative, and not for publication.

NOTE also that vitamin content of fruits and vegetables varies with variety, soil fertility, cultural and other factors, and that vitamin content of animal foods varies according to feeding and other factors.

2/ International Units of Vitamin A in $\frac{1}{2}$ cup (cooked) of some commonly used greens:

Beet tops	14,500 I.U.
Turnip tops	11,500 I.U.
Spinach	9,500 I.U.
Kale	8,350 I.U.
Mustard	6,700 I.U.
Dandelion greens	5,400 I.U.

3/ For winter-produced milk, cream, butter, and eggs twice this amount is required to provide same number I.U.

4/ The purpose of "enriching" flour and bread is to bring the vitamin and mineral content as nearly as possible up to the content of flour and bread made from whole wheat.

5/ For winter-produced eggs, three times this amount is required for same I.U.

6/ Amounts of riboflavin in other leafy greens are probably similar to those in spinach, but accurate data are not yet available.

